## STEP IT UP Activity Log

How to use: Record your daily activity below and calculate monthly totals
Steps: log your steps walked each day
Other: convert other activity to steps
Note: every 1 minute of moderate activity = 100 steps and
Every 1 minute of vigorous activity = 200 steps
Total steps: add daily steps and steps from other activities to get your daily total
TOTAL: at the end of each week calculate your totals and overall total for the week!

Other:
Moderate e.g. mowing the lawn, brisk walking, digging in the garden, medium paced swimming and cycling.
Vigorous e.g. jogging, fast cycling, shovelling snow, aerobics and active sports such as football, squash and basketball.

## STEP IT UP Activity Log

|  |  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Week 1 <br> June 1-7 | Steps |  |  |  |  |  |  |  |  |
|  | Other |  |  |  |  |  |  |  |  |
|  | Total Steps |  |  |  |  |  |  |  |  |
| Week 2 <br> June 8-14 | Steps |  |  |  |  |  |  |  |  |
|  | Other |  |  |  |  |  |  |  |  |
|  | Total Steps |  |  |  |  |  |  |  |  |
| Week 3 <br> June 15-21 | Steps |  |  |  |  |  |  |  |  |
|  | Other |  |  |  |  |  |  |  |  |
|  | Total Steps |  |  |  |  |  |  |  |  |
| Week 4 <br> June 22-28 | Steps |  |  |  |  |  |  |  |  |
|  | Other |  |  |  |  |  |  |  |  |
|  | Total Steps |  |  |  |  |  |  |  |  |
| Week 5 <br> June 29 July 5 | Steps |  |  |  |  |  |  |  |  |
|  | Other |  |  |  |  |  |  |  |  |
|  | Total Steps |  |  |  |  |  |  |  |  |
| Week 6 <br> July 6-12 | Steps |  |  |  |  |  |  |  |  |
|  | Other |  |  |  |  |  |  |  |  |
|  | Total Steps |  |  |  |  |  |  |  |  |
| Week 7 <br> July 13-19 | Steps |  |  |  |  |  |  |  |  |
|  | Other |  |  |  |  |  |  |  |  |
|  | Total Steps |  |  |  |  |  |  |  |  |
| Week 8 <br> July 20-26 | Steps |  |  |  |  |  |  |  |  |
|  | Other |  |  |  |  |  |  |  |  |
|  | Total Steps |  |  |  |  |  |  |  |  |
| Week 9 <br> July 27-Aug 2 | Steps |  |  |  |  |  |  |  |  |
|  | Other |  |  |  |  |  |  |  |  |
|  | Total Steps |  |  |  |  |  |  |  |  |
| Week 10 <br> Aug 3-9 | Steps |  |  |  |  |  |  |  |  |
|  | Other |  |  |  |  |  |  |  |  |
|  | Total Steps |  |  |  |  |  |  |  |  |

